



Divided You Suffer, United You Dance, by Osho

Do things with your whole heart, with as much intensity as you are capable of. Anything done halfheartedly never brings joy to life. It only brings misery, anxiety, torture, and tension, because whenever you do anything halfheartedly you are dividing yourself into two parts, and that is one of the greatest calamities that has happened to human beings -- they are all split. The misery in the world is not surprising; it is a natural outcome of living halfheartedly, doing everything only with one part of our being while the other part is resisting, opposing, fighting. And whatever you do with half of your being is going to bring you repentance, misery, and a feeling that perhaps the other part that was not participating was right -- because following this part, you have attained nothing but a miserable state. But I say to you: If you had followed the other part, the result would have been the same. It is not a question of which part you follow, it is a question of whether you go totally into it or not. To be total in your action brings joy. Even an ordinary, trivial action done with total intensity brings a glow to your being, a fulfillment, a fullness, a deep contentment. And anything done halfheartedly, however good the thing may be, is going to bring misery. Misery does not come from your actions, neither does joy come from your actions. Joy comes when you are total. It does not matter what action you are involved in, misery is the outcome when you are partial. [...] When your mind, when your heart, when your being is pulled in two directions simultaneously, you are creating hell. And when you are total, one, an organic unity...in that very organic unity, the flowers of heaven start blossoming in you. People have remained concerned about their acts: Which act is right and which act is wrong? What is good and what is evil? My own understanding is that it is not a question of any particular act. The question is about your psychology. When you are total, it is good; and when you are divided, it is evil. Divided you suffer; united, you dance, you sing, you celebrate. --Osho